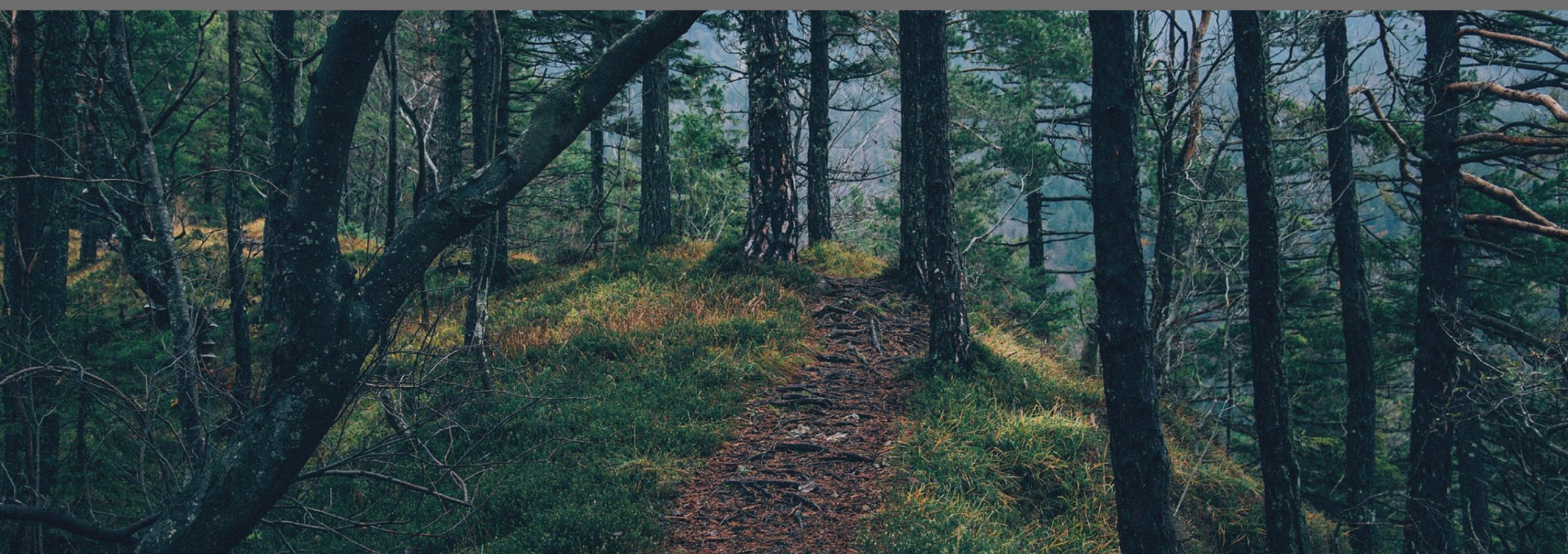




***Class 1 Body Wisdom Boot-Camp &
Sacred Rhythms-Attune Your Body to the
Rhythms of the Earth
with Kathy Forest***





Laying the Groundwork for our practice, resources,
The Importance of a Daily Spiritual Practice, Tracking your Cycle
New Moon Ceremony



Calling in Sacred Space



Open your
Creation Vessel

To Receive



"The information—the tools—necessary to make the radical shift needed on this planet in a very short period of time are housed within the wombs of women of this age.

You have the ability to heal your planet and save your world. It is up to you.

Do you desire to keep this beautiful haven a safe place for the next seven generations and beyond? Do you desire a place for your children to grow and learn? "

--Mary Magdalene

My Intention for this program is to train as many women as I can to:

- **honor the Divine Feminine in herself, and to teach the next seven generations to do so.**
- **raise her vibratory rate, knowing that as she does, she raises the vibration of the planet and all of humanity.**
- **see this as her Sacred Duty and consider it an honor and privilege to serve her fellow beings in this way.**



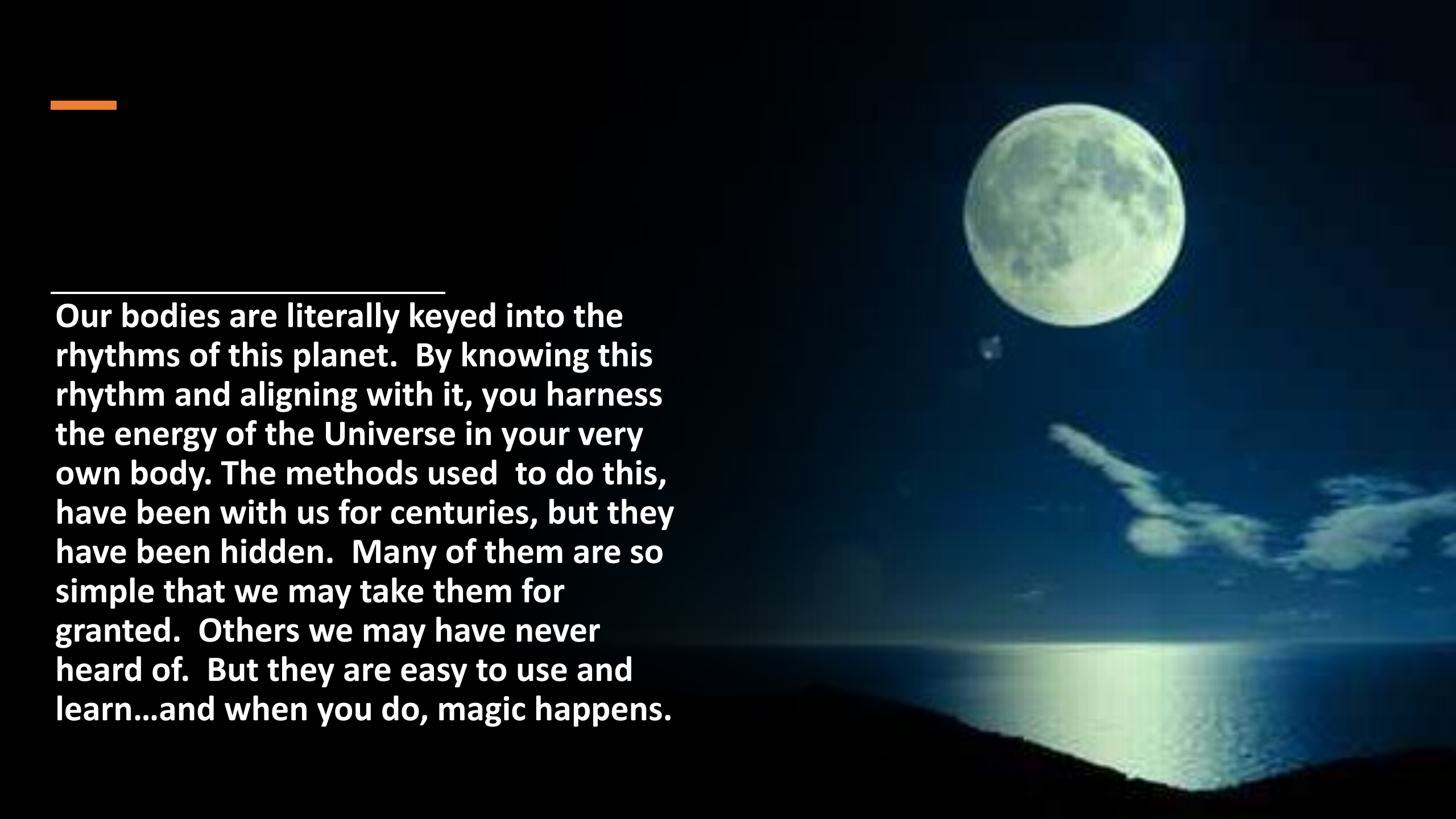
What we know now...

As a woman you are coded for power, and the journey to realizing the fullness and beauty of that power – your Wild Power – lies in the rhythm and change of your menstrual cycle. The menstrual cycle is a vital and vitalizing system in the female body, yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and wellbeing, let alone as a potential guide to emotional and spiritual empowerment. Your Wild Power tells a radical new story about feminine power. It reveals:

- Your inner architecture and the path to power that is encoded in your body***
- How to tune in to the rhythm and changes of your menstrual cycle to realize the fullness and beauty of your authority***
- Three ‘maps’ to guide you through the energies, tasks and challenges presented as you journey through each cycle***
- How to work with your Inner Seasons to pace your energy, calm your nervous system and gain insight into your overall wellbeing***
- How to work with your cycle to channel spiritual forces, affirm your expression in the world and achieve a deep sense of belonging. ...Your Wild Power will restore women to wholeness and reinstate the full majesty and grace of the Feminine. ~Alexandra Pope...about the book, Wild Power***



The path back to your power is through your body. Your body holds the key. This is the very important thing that most women forget..

A full moon is visible in the upper right quadrant of the image, set against a dark blue night sky. The moon's surface shows some detail, including craters and darker patches. Below the moon, there are some wispy, light-colored clouds. The bottom half of the image shows a dark body of water, likely the ocean, with a bright, vertical reflection of the moon on its surface. The overall scene is serene and atmospheric.

Our bodies are literally keyed into the rhythms of this planet. By knowing this rhythm and aligning with it, you harness the energy of the Universe in your very own body. The methods used to do this, have been with us for centuries, but they have been hidden. Many of them are so simple that we may take them for granted. Others we may have never heard of. But they are easy to use and learn...and when you do, magic happens.

This body of knowledge is based on the premise that in order for our physical body to remain healthy, our spiritual life must be healthy. Much of this information revolves around the health of the female womb space. It has sometimes been called a woman's second brain, because it controls so many of her hormonal cycles which in turn influence her brain chemistry and ultimately every other aspect of her life. This information is not only important to women, but to all of us who dwell on the planetary womb of the Earth. As long as this part of a woman's body is disrespected by society, planetary health will suffer. But when this part of a woman's body is honored and treated with respect by all of humanity, our planet will again begin to flourish. When we all, men and women, begin to remember the birthing place as the center of our universe and our existence, both in a literal and metaphorical sense, we will come to know that when our physical body temples and minds are healthy, we can effect change in our outside world.





Our culture has given us a legacy that, in ancient times, was unheard of. Traditionally, a woman's menstrual period was a very sacred time, for this is when a woman is most spiritually in tune and most sensitive to her surroundings. She is more open and able to receive messages from Spiritual guidance that will aid her in living a more harmonious existence. Indigenous peoples incorporated systems into their cultures that made use of this time in a powerful way for their tribes. They created a "moon" lodge or "bleeding" lodge where women could learn from other women how to care for their bodies. They could share with other women about their feelings and concerns, and utilize this time to receive messages from higher forms of guidance. They would also do this on behalf of the tribe. As they learned how to care for their bodies in an appropriate way, their wombs, and consequently the earth, remained healthy.

However, as these traditions were lost, life on this planet became a bit more dicey. As these systems have become non-existent, our lives and our relationships have become more and more dysfunctional. Women are no longer connected to their sacred center. They are usually "working" during their bleeding time and experiencing all forms of discomfort during this time that our western world has come to know as symptoms of PMS. Anyone who has had this experience or been on the receiving end of someone having this experience, knows how miserable it can be for everyone. Because women are in such pain, men no longer respect them or their womb space during this time. It is a time we all tolerate, but really don't enjoy...at all!

But none of this chaos is necessary. PMS and its symptoms can become non-existent by reestablishing a few simple practices. And these practices not only benefit women who do them, but men can also benefit from many of the practices that in the past were reserved for women's circles. None of them are unusual or strange. They are simple, practical practices to keep your energy body fed, your chakras open, and your physical body healthy. These practices help you WAKE UP your Spirit Self and enliven the passion you were born with. I will be introducing you to practices that allow you to access your intuition, anchor your consciousness deeply within your physical body and thereby, enhance your physical experience. These practices will follow the wheel of the year as most of this information is "keyed in" to the cycles and seasons of the Earth itself.





Practices we want to start incorporating...

***A Daily Spiritual Practice** – a quiet time, at least 15 minutes, but preferably an hour, to connect with yourself and your intuitive guidance;

***A Healthy diet** – live food...period. I am personally a vegan because it is the best way of eating to support my spiritual pursuits. You may find this is too strenuous for you. We will discuss it in depth and let you make any changes you desire at your own pace;

The Use of Energetic Tools** – I will be suggesting tools for you to use such as herbal tea, crystals, bath salts, flower essences, essential oils. ***THIS IS ONE OF THE MOST IMPORTANT PARTS OF THE PROGRAM! All of these tools will help you begin to lift the toxic emotional debris that tends to cling to us and keep us heavy rather than light. They are designed to raise your vibration and eliminate resistance to doing that.

***Guided Meditations and Movement Activations** -- Because I will be offering these tools online, I want to make sure the teachings go deeply in to your psyche. I have found that moving the body is a great way to “ground” teachings into our core. I will be offering time during and throughout this class for you to “move your body” during class. These are called activations, and trust me, they will activate and enliven the teachings you will be receiving. I will also offer guided meditations to further anchor the teachings within you.

ENERGY TOOLS FOR PORTAL 0

- Bath Salts with Frankincense Oil
- Sacred Womb Flower Essences
- Crystals: Black Tourmaline/Hematite
- Herbal Tea: Raspberry Leaf/Detox
- Essence/Oil Spray



Flower Essences: Flowers are some of the most high-vibrational beings on the planet. They are fully self-realized. Flower essences are very effective vibrational remedies that heal when a few drops of the potentized essence of aromatic flowers are placed on or under the tongue or in a small glass of water that is sipped at regular intervals. Flower essences are primarily recommended to restore balance to mental and emotional states and can offer wonderful support as we work on removing the obstacles that stand in the way of our healing.

The following essences are recommended for Portal 0, during the first three months, or any time you want to go deeply into womb or emotional cleansing:

Alpine Lily: Promotes the ability to contact true femininity through ground in the female organs; integration of the feminine with the female sexual and biological self.

Star of Bethlehem: Spiritual receptivity, opening the feminine aspect of the self to higher worlds

Black Eyed Susan: Clearer insight into hidden or buried emotions

Angelica: To feel protected and guided, to feel spiritual guardianship during times of stress

Rose: To lift your vibration to the spiritual realms



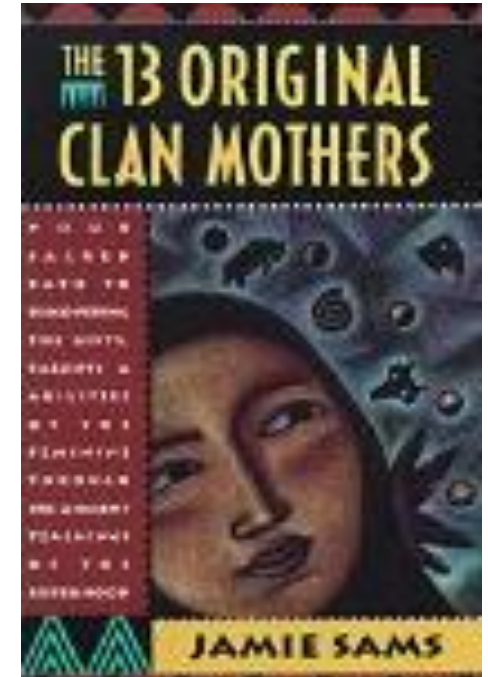
Re-connecting to the Sacred Cycles

Keeping the Sacred Timings is our job as women!

One of the main purposes of this course is to put your body back in sync with the natural and sacred rhythms of this planet. Because we are endeavoring to reconnect with the cycles of the planet, a good time to spend extra time connecting is during the new and full moon windows.

The beginning cycle for this year begins on the new moon, January 2, 2022 at 12:35 pm Central Time. This is the turning point when we begin fresh for the year. The energy of the new and full moons shows up at least a day before and lingers for a day after the event, so it is always good to pick one of these days to do a little extra altar time and connect with this energy.

One tradition that lends itself well to this is the Seneca tradition written about in Jami Samms' book, [The 13 Original Clan Mothers](#). This tradition holds that each of these cycles are governed by or “vibrate with” a special grandmother that holds an aspect of Mother Earth's personality and helps us understand healthy living practices upon the earth.



This New Moon is in Capricorn. Any **Capricorn New Moon** is great for new beginnings or fresh energy in several areas. You can choose to be more **mature, responsible** and **productive**. You can **set boundaries better** and **use time more efficiently**. You can plan the work and work the plan. And you can play the role of the wise elder.

There is tons of support for healing, creating, planning, and awakening. It's also quite soupy so "downloads" abound!



The Grandmother this Month: Talks With Relations

The Mother of Nature

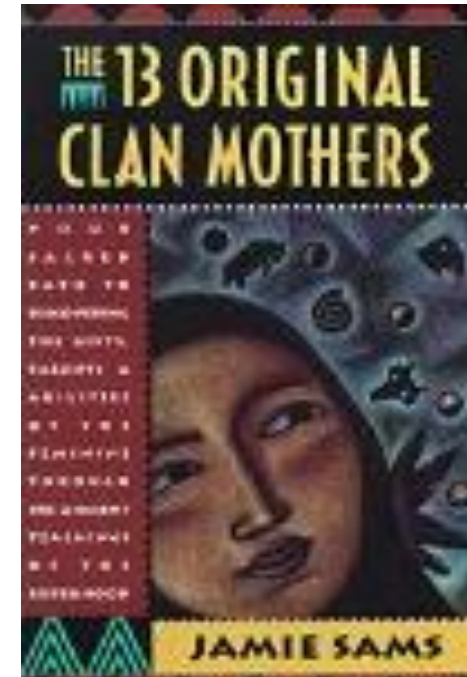
The Keeper of Rhythm, Weather, and the Seasons

The Guardian of the Languages of the Trees, Stones, and Creatures

The Maker of Relatives/Keeper of Earth's Needs/Mother of the Planetary
Family

She teaches us:

- How to understand the unspoken languages of Nature;
- Kinship with all life forms and how to enter the Sacred Spaces of others respect;
- How to honor cycles, rhythms, and changes of the seasons and weather;
- How to meld with the life force and rhythms in all dimensions, learning the truths of each;
- How to LEARN THE TRUTH.





The Importance of A Daily Spiritual Practice

My definition: Anything that opens your heart, that gives you joy, and connects you to your Higher Wisdom and Noble Thought.

I teach this first is because your physical body needs a Spiritual practice of some sort like it needs food! Notice I said Spiritual Practice—not religion. The religions of this planet, up to this point have been vehicles for encouraging and training in Spiritual Practice. However, many have a tendency to focus on the “type of religion” and skip the practice. The practice is the point of religion and not the other way around. If you skip it, you miss it, and your body pays for it.

This...



verses this...



The Human Energy Field

Scientists have now coined the word, “bio-photons” to refer to the tiny particles of actual physical light that make up this electro-magnetic field. This field “Sources” the physical body and keeps it functional. It literally feeds and supports the physical body and actually keeps it functioning in a healthy way. It holds the physical parts together and keeps them bathed in nourishment.

But this field needs attention and support in order to function properly, as well. So how do we feed and Source our Energy Body—the beautiful field of living light that surrounds our physical body and holds it in form? What does it need to be healthy? This is the part of you that houses your soul. So another way to ask that question is, “How do you feed your soul?”





Things you might want to include in your quiet time:

- Prayer
- Silence
- Music
- Create an Altar
- Meditation
- Candles
- Dirt time
- Chanting
- Affirmations
- Painting
- Reading Sacred Material
- Divination Tools
- Dancing
- Yoga
- Sacred Bath
- Energetic cleansing tools (essences and oils)
- Walking or running
- Journaling

ALEXANDRA POPE and
SJANIE HUGO WURLITZER
FOUNDERS OF RED SCHOOL

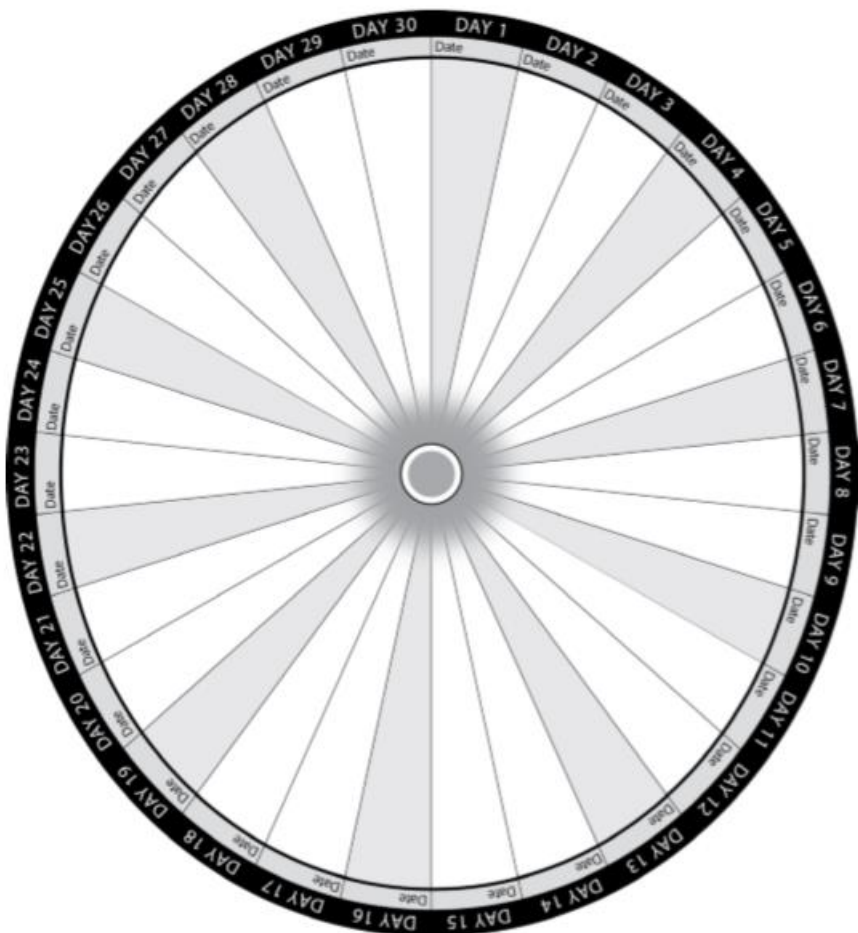
wild power

Discover the Magic of
Your Menstrual Cycle
and Awaken the
Feminine Path to Power

Homework:

- Get this book!
- Begin Tracking your menstrual cycle.
- Day 1 is the first day of bleeding.
- If you are no longer bleeding, start at
- New Moon today, January 2, 2022.
- Track things like emotional state, energy level, and what happens during the day. When get your book you will learn more!

On the first day of your period start recording your thoughts and feelings on Day 1 of the Menstrual Chart. Watch the patterns of your cycles unfold as you continue to record over a number of months. Begin a new chart at the start of each period. Copy this blank sheet as needed.



This is the tracking sheet from Red School. It is in your classroom and will be emailed to you. This is a good start. It may also be time to get a womb journal for the new year if you haven't already done so!

Energetic Events

I want to mention a word here about what some would consider “strange” things that might happen as a result of taking this course, and doing these practices (or even attending this class today.) Your body records every event that happens in your life. It is not ignorant. It is your WISDOM! So when you chose to pay a bit of attention to it, (and for women, especially when you pay attention to your womb space) you may have experiences that let you know that you are on the right track. These can show up as simple synchronicities or intuitive hits. For women it can be anything from starting your menses to skipping a cycle altogether and anything in between. You may also start to “hear” your inner voice or the voice of your womb or another part of your body. This is normal and will usually pass after the first month or so. But it might be wise and fun to record the event and even dialog about it in your journal. If it causes you concern, please feel free to contact me.



Homework – The Basics...

- **Begin Daily Epsom Salt Baths**
- **Drink 8 glasses of water a day**
- **Begin your day with warm lemon water**
- **Gather your Energetic tools**

Portal 0:

Flower Essence: Star of Bethlehem

Essential Oil: Frankincense

Raspberry Leaf Tea

- **Begin a Daily Spiritual Practice**
- **Begin to look at your diet-incorporate more live whole foods and eliminate processed foods.**
- **Dirt time!!!**





Sacred Journal Questions...

**Each moon cycle will have it's own set of questions to ponder.
(Boot-Campers will have a daily sacred question to work on,
as well.)**

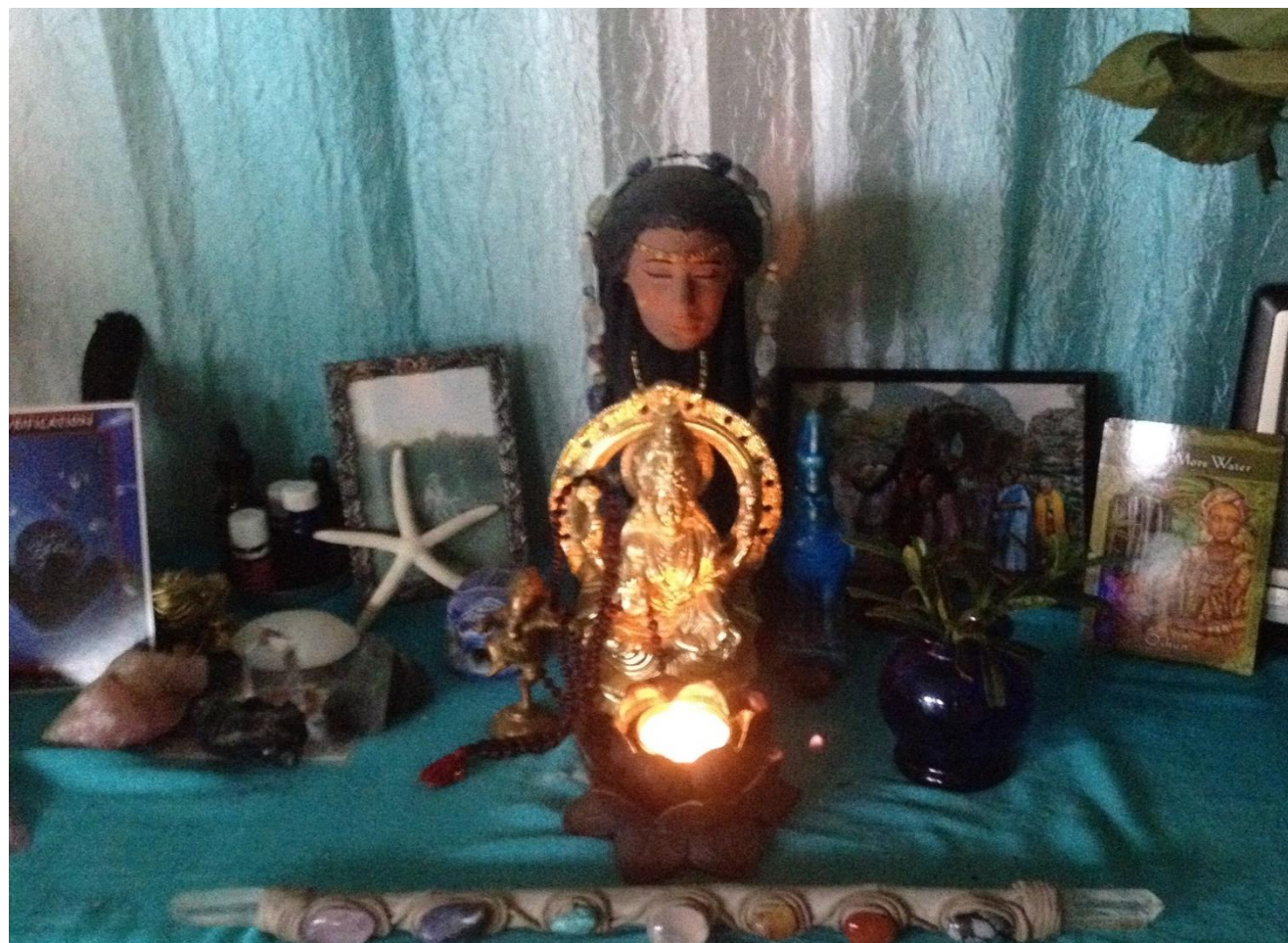
**But for today, for our New Beginning, New Moon...
Ponder this...**

**What is the one thing, that if you changed it, it would change
everything?**



Guided Meditation

*What are your
Desired
Outcomes for
this moon
cycle...*





Integration Dance

Ground
and
Close

Next Boot Camp
Class:
Tuesday, Jan. 16
At noon

